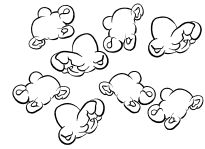
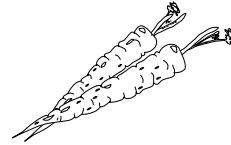


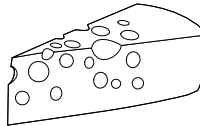
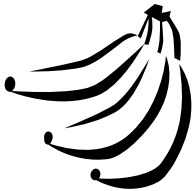
Picnic Portions

Name: _____

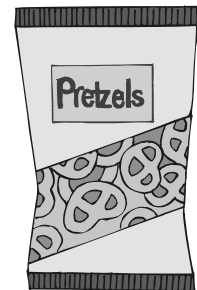
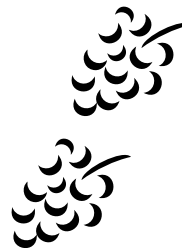
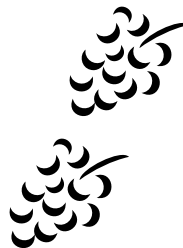
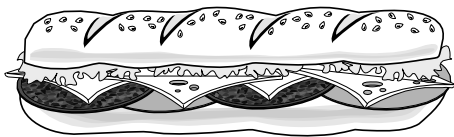
- Adam and Kate have packed a picnic lunch to share in the park. Divide each item in half. Color Adam's portion red. Color Kate's portion blue.



- Adam, Kate, and Natalie all decide to have a picnic by the river. Divide the foods equally between the three of them. Color Adam's portion red. Color Kate's portion blue. Color Natalie's portion yellow.



- Adam, Kate, Natalie, and David go hiking in the woods and pack a picnic lunch. Divide the food equally into four parts. Color Adam's portion red. Color Kate's portion blue. Color Natalie's portion yellow. Color David's portion green.



- Complete the following: Put a circle around all the foods from the Meat and Beans group. Put a square around all the foods from the Fruit and Vegetable group. Put a triangle around all the foods from the Grain group. Put a star by the foods from the dairy group. Which food fits in all the groups?

- Plan a picnic meal for you and your family using three or more food groups.

Developed by: Denise Zimmer, RD, Eat Smart Be Smart Guide: Lesson 1st—Picnic Portions

Eat Smart Be Smart

Design by K. Pullman RD, LN—2008